

# REGION III AGING SERVICES

**Donna Olson, Regional Aging Services Program Administrator**

Serving: Benson, Cavalier, Eddy, Ramsey, Rolette, and Towner Counties



## Fall 2006



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### AGING SERVICES NEWSLETTER

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact **Donna Olson** at **665-2200**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **Lake Region Human Service Center** makes available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1975 as amended. **Lake Region Human Service**

**Center** is an equal opportunity employer.

### MISSION STATEMENT

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

*Be patient enough to live one day at a time, letting yesterday go and leaving tomorrow until it arrives. — Author Unknown*



## Could you benefit from A CapTel™ Phone?

**CapTel** phones allow the user to **hear** and **see** what someone is saying! **CapTel** phone users can listen to the caller while they read the written captions in the **CapTel** phone's display window.

### How does the CapTel Phone work?

When you place a call with a **CapTel** phone, the captioning service is connected automatically to provide captions. You just dial the phone number of the person you want to call, and the call will be captioned.

Behind the scenes, a specially trained operator at the captioning service transcribes everything the other party says into written text, using the very latest in voice-recognition technology. The written text appears on a bright, easy-to-read display window built into the **CapTel** phone. The captions appear almost simultaneously with the spoken word, allowing the **CapTel** phone users to understand everything that is said — either by hearing it or by reading it.



### How your family, friends, or employer can call you?

To receive a call, your caller must first dial the toll free number of the captioning service and then enter your phone number. You will get captions through any call that is placed through the captioning service. If your caller dials you directly, the call will not be captioned. "Call Me" cards that list the toll free captioning service number are included with the **CapTel** phone. You can give the "Call Me" cards to people who call you frequently.

### How does the CapTel Phone compare to a Voice Carry Over (VCO) Phone?

**CapTel** phone users can simultaneously hear the voice over the phone and read captions of what is said. Current VCO technology allows only voice or text on the line at one time and does not allow the VCO user to hear the voice of the other party.

### Who benefits from a CapTel Phone?

- Anyone with some degree of hearing loss, who finds it difficult to understand telephone conversations.
- People using hearing aids or assistive listening devices.
- People who are deaf or hard-of-hearing and can speak.

### Is there a charge for the Captioning Services from Relay North Dakota?

There is no charge for the captioning service; however, when making long distance calls from a **CapTel** phone there is a charge just as there would be if you used a standard telephone. If you want the captioning service to bill the long distance company of your choice, you will need to call them and set that up, just as you would if you used a Text Telephone (TTY) or Voice Carry Over (VCO).

### How do I get a CapTel Phone?

The **CapTel** phone is now offered at no cost to eligible participants as part of the North Dakota Telecommunications Equipment Distribution Services (TEDS) which is currently run through the Interagency Program for Assistive Technology (IPAT). To see if you qualify, call IPAT at 1-800-265-4728. The forms for the TEDS program are also available at the IPAT website: [www.ndipat.org](http://www.ndipat.org).

### To find out more information regarding CapTel Service, or Relay North Dakota see the following:

- ND Relay website: [www.relaynorthdakota.com](http://www.relaynorthdakota.com)
- CapTel website: [www.captionedtelephone.com](http://www.captionedtelephone.com)

**CapTel Customer Service:**

**CapTel:** 1 (888) 269-7477 OR  
1 (800) 482-2424 TTY

**En español:** 1 (866) 670-9134

**By TTY:** 1 (800) 482-2424

**By FAX:** 1 (608) 238-3008

**Email:**

[CapTel@CapTelMail.com](mailto:CapTel@CapTelMail.com)

- **ND Relay Phone Number:**  
7-1-1

## **FOSTER GRANDPARENTS NEEDED**

The Foster Grandparent Program is in need of additional foster grandparents. Current foster grandparents, please talk to your friends and relatives about what you do and how they can help the children in our communities.

Remember, we serve the eastern half of North Dakota and are always willing to expand to unserved counties and towns. Foster grandparents provide educational, social, and emotional support services to children ages 0-21 in settings such as schools, head starts, after school programs, child care, and residential facilities. Foster grandparents assist children in many areas such as literacy and school preparedness. Foster grandparents are good listeners, friends, mentors, and role models to children who need a little extra time and attention. Foster grandparents provide

children with some of the intangibles, namely love, patience, and guidance which is acquired through the experience of a long lifetime. As we move into fall we are looking for opportunities to spread the word about the Foster Grandparent Program. Karen Hillman, Project Director, and Margaret Johnson, Project Coordinator, would welcome opportunities to visit with your church groups or clubs. Please feel free to call them anytime at 1-800-450-1510 or 271-3247. There are many children who would love to have the opportunity to be able to spend time with a foster grandparent so please keep this in mind.

## **Retired Senior Volunteer Recognition Program**

A 35<sup>th</sup> annual recognition is planned for Retired Senior Volunteer Program volunteers serving their communities in the Lake Region area. The festivities will begin at 6:00 p.m. on Tuesday, September 26, 2006, in the Memorial Building located on the corner of 4<sup>th</sup> Avenue and 5<sup>th</sup> Street in downtown Devils Lake. A swiss steak dinner will be featured. Attendees are asked to enter through the west

doors. Retired Senior Volunteers are asked to please call the RSVP Office at 662-6767 by Thursday, September 21, to reserve a space and to let them know if you will need a ride. Trudy Ertmann and Diane Hill ask you to come prepared to have good food and fun.

## **Region III Council on Aging Meeting Weather Permitting**

Beatrice Delvo, Cavalier County Senior Meals and Services, has agreed to host the January 24, 2007, Region III Council on Aging meeting at the Senior Center located at 211 8<sup>th</sup> Avenue in Langdon. A copy of the agenda will be sent out in January. If you wish to eat lunch at the Senior Center, please call 701-256-2828 by Monday, January 22, 2007. The menu of the day is not determined at this time.



"I've often felt that public and private endeavor ought to be concentrated upon those who are in the dawn of life, our children; those who are in the twilight of life, our elderly; and those who are in the shadows of life, our handicapped."

*Hubert H. Humphrey  
October 15, 1967*

## Regions II and III Governor's Forum on Aging

A combined Region II and III Governor's Forum on Aging will be held in Rugby, North Dakota, on September 26, 2006, at Bob's Pizza Inn, Highway 2 East, Rugby, North Dakota.

We have a great agenda planned for the day. Please note the brochure that is included in this newsletter.

Registration is free. There is a charge of \$6.00 for the lunch. The brochure indicates that the deadline is September 11. If you call after that date, we will add names to the list until we are filled to capacity. Please call as soon as you are able. I hope to see you there!

Donna

# ND Family Caregiver Support Program



## NUTRITION FOR SENIOR YEARS

Good nutrition habits never get old, they do not go south for the winter, and they can never retire. Research has shown that a good diet in later years helps to reduce your risk for chronic disease and helps manage problems you may already have such as high blood pressure (hypertension), high cholesterol, or diabetes.

If you are well-nourished, you will feel better, recover faster from illnesses, spend less time in the hospital, and may be able to live independently longer than those older people who don't eat well.

### **What are age-related changes that affect nutrition?**

Many changes take place as we grow older. These changes are usually just a part of normal aging, are not a sign of illness, and are different just as each person is different. Our senses change. For example, food may taste and smell differently, we may need glasses, and we may find we don't hear as well.

These losses are neither total nor rapid, but they can affect your food and nutritional intake and health status.

## Age-related changes that affect eating and nutrition include:

- ⊙ Vision
- ⊙ Hearing
- ⊙ Taste and smell
- ⊙ Thirst
- ⊙ Body composition changes

- ♦ Some loss of vision may give you concerns about cooking, especially using a stove or microwave. Difficulty reading food prices, nutrition labels, or recipes may make grocery shopping, food preparation, and eating very challenging.
- ♦ Loss of hearing may make it more difficult to hear servers in restaurants, at meal sites, or in the grocery store.
- ♦ Changes in senses of smell and taste may make eating more challenging. If food doesn't taste appetizing or smell appealing, we don't want to eat it. Older people have fewer taste buds than younger people. Fewer teeth make it more difficult to chew foods. And if chewing is impaired by dentures, this will also reduce the ability to taste.
- ♦ Thirst sensation may change. The ability to tell if you have had enough fluids will diminish and may put you at risk for dehydration.

As we age, our body composition changes. We lose muscle tissue, body water, and bone mass, and many of us gain body fat. An important change with aging is that most of us need fewer calories (energy) because our metabolism (the rate the body uses energy) slows down. This happens mainly because of the loss of the muscle tissue, but also because physical activity is often reduced. This means that we need to eat fewer calories to maintain the same weight and to keep from gaining excess weight.

However, even though we may need fewer calories as we age, there are other changes that can increase our need for nutrients. For example, the stomach does not produce as many digestive enzymes so digestion is slowed. This means that we may need to take in more nutrients to absorb the same amount as we did when we were younger.

How does this fit with the need for fewer calories? It means that the nutritional quality of your diet must be kept high. Remember, too, that including physical activity is also very important to keeping healthy. Try to get some physical activity at least 5 days every week.





## What are important nutrients for seniors?

Several nutrients are of special concern as we grow older: Calcium, Vitamin D, Vitamin B12. Fiber and fluids are also very important parts of our diet.

**Calcium** is a concern as we age, especially for bone health, but also for its role in heart health and possibly colon cancer. Think about adding another serving of milk, yogurt, or other calcium-rich foods, such as broccoli, kale, mustard greens, pinto beans, salmon and sardines canned with the bone, and soy products like tofu to your daily intake. Fortified orange juice and fortified breakfast cereals can also help. To meet your goal of 1200 milligrams per day, start with at least three servings from the milk group, and add calcium from foods such as vegetables and dry beans.

**Vitamin D** requirements increase as we age. Sunshine does help the process of making vitamin D in your body, but your skin's ability to produce vitamin D decreases with age. Try to get your face in the sun for 20 minutes each day you are able. Fortified low fat or fat-free milk is an excellent source of vitamin D. Your goal is 400 IU per day if you are between 51 and 70 and 600 IU if you are over 70 years of age. Because vitamin D can be toxic at high levels, speak with your doctor or a dietitian before you take a supplement.

**Vitamin B12** is found in animal foods such as milk, yogurt, fish, poultry, and meats, but it's estimated that 10 to 30 percent of older people may have difficulty absorbing it because of decreases in stomach digestive juices. Vitamin B12 is important not only for healthy blood (preventing anemia) but also for proper nerve function. People older than 50 can help meet their vitamin B12 needs by eating foods fortified with B12, such as breakfast cereals. **Before taking a supplement, it is important to talk with your doctor.**

**Fiber** (the parts of fruits, vegetables and grains that are not digested) not only helps keep you regular, it may also help lower your cholesterol, control blood sugar, and reduce your risk for heart disease and certain cancers. A varied diet of whole grains, such as 100 percent whole-wheat bread, whole-grain muffins or rolls, and brown rice, along with fruits, vegetables, and cooked beans and lentils can help you reach the recommended goal of 20 to 35 grams of dietary fiber every day. Check out nutrition labels to see how much is in different foods. Remember too that drinking enough liquids is important when increasing the fiber you eat.

As we age, we need more **fluids and water**. Drinking too few fluids can lead to dehydration, elevated body temperature, and nausea. Fluids are especially important if you are taking medications. Even though your body may need more water, you may not feel thirsty. Try to drink eight glasses of fluids a day even if you don't feel thirsty. Water is best, but fluids can come from drinking 100% fruit juices, milk, and other beverages, and from foods such as soups and fruit. Decaffeinated beverages are the best choice as those with caffeine may have a slight dehydrating effect. If you do drink regular coffee or tea, do so in moderation. (Source: "The Journey Through Caregiving", North Dakota State University, Fargo, ND. Funding provided through the Older Americans Act and the ND Family Caregiver Support Program.)





## **Focus on Healthy Eating**

Foods from all groups are needed each day for good health, **PLUS** fluid / water.

### **GRAINS**

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day.

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta.

### **VEGETABLES**

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Eat more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

### **FRUITS**

Focus on fruits

Eat a variety of fruit.

Choose fresh, frozen, canned, or dried fruit.

Go easy on fruit juices.

### **MILK**

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

### **MEAT & BEANS**

Go lean with protein

Choose low-fat or lean meats and poultry.

Bake it, broil it, or grill it.

Vary your protein routine – choose more fish, beans, peas, nuts, and seeds.

### **Know the limits on fats, sugars, and salt (sodium)**

- Make most of your sources of fat from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



Source: MyPyramid.gov

## **COMMUNITY OMBUDSMAN PROGRAM TRAINING AGENDA**

**TRAINING DATE: Wednesday, October 25, 2006**

**TRAINING LOCATION: Lake Region Human Service Center, 200 Hwy 2 SW, Devils Lake, North Dakota  
(Located next to the Kentucky Fried Kitchen)**

**9:00-9:30 REGISTRATION AND COFFEE**

**9:30-12:00 INTRODUCTION AND GETTING STARTED**

History, Purpose and Philosophy

Videotape: ADVOCATES FOR RESIDENTS RIGHTS, The Older Americans Act Long Term Care Ombudsman Program

North Dakota Century Code Chapter 50-10.1 Long-Term Care Ombudsman

- Duties and responsibilities of the State Ombudsman, Regional Ombudsman, and Community Ombudsman

Videotape: LONG-TERM CARE RESIDENTS BILL OF RIGHTS

**12:00-1:00 LUNCH**

**1:00-3:30 COMMUNITY OMBUDSMAN TRAINING**

Videotape: BASIC SKILLS FOR OMBUDSMAN

Discussion of Ombudsman Complaint Case Scenarios

Long-Term Care Ombudsmen Program Policy and Procedure Manual

Community Ombudsman Position Description

Conflict of Interest and Confidentiality Statement of Understanding

Monthly Reports (Activity Logs)

**REIMBURSEMENTS AND WRAP UP**

If you have any questions, call Bryan Fredrickson toll free at 1-888-342-4900.





## **Foot Care Guidelines**

When it comes to foot care, prevention and early detection are the names of the game. There are about 82,000 amputations a year, and half of these individuals end up with amputations of their other leg in 3-5 years. The good news is that 45-85% of all amputations can be prevented with a comprehensive foot program. These tips will help you to sidestep infections, cuts, and other breaks in the skin and to notice any problems that do develop early, so that prompt treatment can be given.

<b>What to Do</b>	<b>Why Do It</b>
Keep your blood sugar in target range as much of the time as possible.	To prevent infection, speed healing, and prevent further damage to blood vessels and nerves.
Do NOT smoke.	Carbon monoxide and nicotine impair blood circulation.
Every day, wash your feet with mild soap and warm water; dry carefully. Pay special attention to the areas between toes and around nail beds.	To prevent fungal infections (such as athlete's foot) and other infections.
Inspect your feet carefully every day. Use a mirror if necessary.	To detect any problems such as cuts, blisters, red spots, or swelling early.
Cut toenails straight across and not too short. A 1/16 – 1/8 inch rim of white nail beyond the pink nail bed should be clearly visible all the way across the top of the toenail.	To avoid ingrown toenails and to avoid cutting your toes.
<b>Have a podiatrist trim your nails or utilize a local foot care clinic if you cannot trim them yourself.</b>	
Be more active. Wiggle your toes and rotate your ankles for a few minutes several times a day.	To promote blood flow to your feet.
Never walk anywhere, even indoors, in bare feet or with socks only, especially if feet are numb.	To protect feet from being injured from small or sharp objects and to prevent toes from being stubbed.
Do not soak your feet unless your health-care provider has prescribed this for a particular reason.	Soaking removes natural oils, causing skin to dry and crack. In addition, skin is soft and easily injured immediately following soaking.
If skin on feet is dry, apply lotion to the tops and bottoms.	To prevent skin from cracking.
Do not apply lotion between the toes. (You may apply powder between the toes if desired.)	To prevent fungal infections by keeping the area dry.
Never use commercial corn or callus removers or strong chemical antiseptics. Never perform "home surgery" with sharp cutting tools, and don't use hot water bottles or heating pads on feet.	To prevent burns, cuts, and skin erosion.
Shop for shoes late in the day, when your feet are most swollen, have your foot measured by a professional, and make sure they fit well.	To avoid injuries when "breaking-in" shoes and to prevent chronic rubbing from ill-fitting shoes.

**Remember, Medicare and most insurance companies provide benefits for diabetic shoes annually. You do need a physician prescription for this benefit.**

Check the insides of shoes daily before putting them on. Use your hand to check for cracks, irregularities, and loose objects.	Any object or rough edge in your shoe can cause blisters or breaks in the skin.
Wear socks that keep your feet dry. Avoid knee-high stockings or socks with tight elastic. Change socks often if your feet perspire heavily. Purchase socks with invisible toe seams or wear them inside out.	Wet feet are a breeding ground for bacteria. Tight socks constrict circulation. Toe seams can cause corns and calluses.
Don't cross your legs when you sit.	To maintain good circulation.
Take off your shoes at every doctor visit.	Your doctor or nurse should check your feet.
Contact your doctor, nurse, or podiatrist immediately when you discover a problem.	Most foot problems are much easier to treat when they are attended to promptly.

***"DON'T ATTEND EVERY ARGUMENT YOU'RE INVITED TO."***



A cat died and went to Heaven. God met her at the gates and said, "You have been a good cat all these years. Anything you want is yours for the asking." The cat thought for a minute and then said, "All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on." God said, "Say no more." Instantly the cat had a huge fluffy pillow.

A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat. The mice said, "Well, we have had to run all of our lives: from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again." God answered, "It is done." All the mice had beautiful little roller skates.

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, "Is everything okay? How have you been doing? Are you happy?"

The cat replied, "Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little "Meals on Wheels" you have been sending over are delicious!"

# Telephone Numbers to Know

## **Regional Aging Services Program Administrators**

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III:</b>	Donna Olson	1-888-607-8610 Local 665-2300
<b>Region IV:</b>	Patricia Soli	1-888-256-6742
<b>Region V:</b>	Sandy Arends	1-888-342-4900
<b>Region VI:</b>	Russ Sunderland	1-800-260-1310
<b>Region VII:</b>	Cherry Schmidt (local: 328-8787)	1-888-328-2662
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## **Vulnerable Adult Protective Services**

<b>Region I &amp; II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III:</b>	Ava Boknecht	1-888-607-8610
<b>Region IV:</b>	Message Line	1-701-795-3176
<b>Region V:</b>	Sandy Arends	1-888-342-4900 Direct referral may be made to Cass County Adult Protective Services unit: 1-701-241-5747.
<b>Region VI:</b>	Russ Sunderland	1-701-253-6344
<b>Region VII:</b>	Cherry Schmidt or Sheila Lindgren,	1-888-328-2662 or 1-701-328-8888
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## **ND Family Caregiver Coordinators**

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	Theresa Flagstad	1-888-470-6968
<b>Region III:</b>	Kim Helten	1-888-607-8610
<b>Region IV:</b>	Raeann Johnson	1-888-256-6742
<b>Region V:</b>	LeAnne Thomas	1-888-342-4900
<b>Region VI:</b>	CarrieThompson-Widmer	1-800-260-1310
<b>Region VII:</b>	Judy Tschider	1-888-328-2662
<b>Region VIII:</b>	Michelle Sletvold	1-888-227-7525

## **Long-Term Care Ombudsman Services**

<b>State Ombudsman:</b>	Helen Funk	1-800-451-8693
<b>Region I &amp; II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III &amp; IV:</b>	Kim Helten or Donna Olson (701-665-2200) OR	1-888-607-8610
<b>Region V &amp; VI:</b>	Bryan Fredrickson	1-888-342-4900
<b>Region VII:</b>	Helen Funk	1-800-451-8693
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## **Other**

Aging Services Division and Senior Info Line:	1-800-451-8693
AARP: (1-888-OUR-AARP)	1-888-687-2277
ND Mental Health Association (Local):	1-701-255-3692
Help-Line:	1-800-472-2911
IPAT (Assistive Technology):	1-800-265-4728
Legal Services of North Dakota:	1-800-634-5263 or (age 60+): 1-866-621-9886
Attorney General's Office of Consumer Protection:	1-701-328-3404 1-800-472-2600
Social Security Administration:	1-800-772-1213
Medicare:	1-800-633-4227
Senior Health Insurance Counseling (SHIC) ND Insurance Department:	1-701-328-2440
Prescription Connection:	1-888-575-6611

# North Dakota 2006

## Forums on Aging

September 25 - 28, 2006

(Five locations in North Dakota)

Sponsored by:

### NORTH DAKOTA GOVERNOR'S COMMITTEE ON AGING

#### Dickinson

September 25, 2006

(Monday)

#### AGENDA

8:30 am Registration

9:30 am Welcome, Greeting and Announcements: *Mark Jesser, Theola Stetson, Linda Wright*, Director, DHS, Aging Services Division

9:45 am **Session I:** Updates from the Whitehouse Conference on Aging and ND Silver Haired Assembly, *Dallas Knudson*

10:15 am **Session II:** Interagency Program for Assistive Technology, *Peggy Shireley*

11:00 am Break, Door Prize Drawing

11:15 am **Session III:** "Title III Services and Programs: *Future Trends, Future of Funding, Targeting Services,*" *Susan Raymond*

12:00 Lunch and entertainment: "*Friday Night Gang*"

1:00 pm **Session IV, Keynote Address:** "Caring for Others Without Losing Yourself," Presenter: *Elinor Ginzler*

2:00 pm Break, Door prizes

2:15 pm **Session V:** "Fraud, Identity Theft, Scams," *Dave Wallace*

3:00 pm **Session VI:** Medicare Part D, *Bill Lardy*, SHIC State Director

3:30 pm Closing, Evaluations, Door prizes, *Theola Stetson*

**Location:** Hillside Baptist Church, 1123 10th St. East, Dickinson

**To register:** call *Mark Jesser*, 1-888-227-7525, or email: 88jesm@state.nd.us  
*Michelle Sletvold*, 227-7582, or 88slem@nd.gov

**Please register by September 11.**

#### Rugby

September 26, 2006

(Tuesday)

#### AGENDA

9:00 am Registration

9:45 am Welcome & Introductions: *Dale Niewocher*, Mayor of Rugby; *Linda Wright*, Director, DHS, Aging Services Division

10:30 am **Panel Discussion** - Medicare Part D: "Where Do We Go From Here?"

11:30 am Musical Entertainment

12:00 Lunch

1:00 pm **Keynote:** "Caring for Others Without Losing Yourself."

Presenter: *Elinor Ginzler*

2:15 pm Break

2:30 pm Entertainment, *State Senator Ryan Taylor*

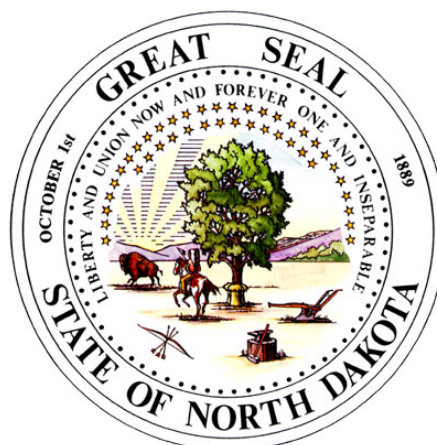
3:15 pm Closing, Evaluations, Door Prizes

**Location:** Bob's Pizza Inn, Hwy 2 East, Rugby

**Transportation:** contact your local transportation provider

**To register:** call *Myrna Muffenbier*, Tri-County Senior Meals, Rugby, 701-776-5998

**Please register by September 11.**



**Williston****September 26, 2006****(Tuesday)****AGENDA**

12:30 pm Registration

1:00 pm Welcome and Introductions: *Lynne Jacobson*, DHS, Aging Services Division1:15 pm **Keynote:** "Title III Services and Programs: *Future Trends, Future of Funding, Targeting Services*,"Presenter: *Susan Raymond*2:00 pm Governor's Committee on Aging, *Alecia Hanson*2:15 pm *Karen Quick* - Region 1 Aging Services Program Administrator, NW Human Service Center

3:00 pm Closing Remarks and Evaluations

**Location:** Williston Senior Center, 18 Main Street, Williston, 701-577-6751**To register:** call 701-774-4685 or 1-800-231-7724**Please register by September 11.****Valley City****September 27, 2006****(Wednesday)****AGENDA**

12:30 pm Registration

1:00 pm Welcome and Introductions: *Linda Wright*, Director, DHS, Aging Services Division

1:15 pm (Topic)

(Speaker)

2:15 pm (Topic)

(Speaker)

3:15 pm Break

3:45 pm **Keynote:** "Caring for Others Without Losing Yourself."Presenter: *Elinor Ginzler*

4:45 pm Closing Remarks and Evaluations

**Location:****To register:****Please register by September 11.****Bismarck****September 28, 2006****(Thursday)****AGENDA**1:00 pm Welcome and Introductions: *Linda Wright*, Director, DHS, Aging Services Division1:15 pm **Keynote:** "Title III Services and Programs: *Future Trends, Future of Funding, Targeting Services*,"Presenter: *Susan Raymond*

2:30 pm Alternative Wellness topic (TBD)

3:45 pm Break

4:00 pm **Keynote:** "Caring for Others Without Losing Yourself."Presenter: *Elinor Ginzler*5:15 pm Closing Remarks: *Amy Clark*, Governor's Committee on Aging**Location:** Bismarck Senior Center - 315 North 26th St, Bismarck**Lunch:** If you wish to come for lunch at the Sr. Center before the program, please call 258-9276 for details.**Transportation:** contact your local senior center.**To register:** call 328-8868 or 1-888-328-2662, and ask for *Sheila Lindgren*.**Please register by September 11.****The Governor's Committee on Aging**

was established to act as an advisory body for the Aging Services Division as set forth in the Older Americans Act of 1965. The Committee also acts as an advocacy body for the elderly of the state of North Dakota, while providing for a mutual exchange of ideas and information on national, state and local levels relating to aging.

In 2006 the Governor's Committee on Aging is sponsoring the North Dakota Forums on Aging. The purpose of these forums is to provide an opportunity to receive and share information, and to generate interest in the challenges and opportunities experienced by older North Dakotans.

*Brochure printed courtesy of St. Alexius Medical Center, Eldercare Program.*



*Susan L. Amman Raymond* serves as an Aging Program Specialist for the U.S. Administration on Aging Region VIII. In this position she is the Regional Liaison to the states of Colorado and North Dakota, to Tribal organizations, Aging and Disability Resource Centers and Senior Medicare Patrol programs located within these two states. Ms. Raymond's employment history includes Utah State University's Cache County Memory Health and Aging Study, Utah State Center for Persons with Disabilities Assistive Technology Program, Bear River Area Agency on Aging Director and Utah Adult Protective Service worker. She was a certified Long Term Care Ombudsman and Health Insurance Counselor.

She has served on a several boards and committees including the National Association of Area Agencies on Aging Board, President of the Utah Association of Area Agencies on Aging, Alzheimer's Northern Utah Chapter Board President and Board member and co-chaired the Logan Alzheimer's Family Support Group. Susan attended the first National Leadership Institute on Aging. She has experience working with complex and coordinated service delivery systems, public relations, development and coordination of services at the local level, assistive technology devices, tracking databases, adaptive equipment and assistive technology services.



*Elinor Ginzler* is Director for Livable Communities in the Office of Social Impact at AARP. Since joining AARP in 1998, Ms. Ginzler has been a key leader in AARP independent living/long-term care efforts and has been instrumental in planning, designing, coordinating, and overseeing programs in these areas. She is an expert on long-term care issues, including home- and community based services, caregiving, nursing home quality and other long-term care housing issues. She is co-author with Hugh Delehanty of *Caring for Your Parents – The Complete AARP Guide*, published by Sterling Publishing. The book offers real-world strategies for coping with the age-old problem of caring for loved ones who are aging or have encountered a disability. Ginzler has appeared on Good Morning America, House Calls with Dr. Gupta on CNN, and the Early Show to talk about how to keep dignity, a sense of place, and family commitment a part of long-term living. Ginzler has served on several boards and task forces including the Eldercare Locator Advisory Committee, the Board of Directors for the National Citizens' Coalition for Nursing Home Reform, the Continuing Care Accreditation Commission, and the Board of the National Hospice and Palliative Care Organization.

With more than 20 years of experience in service delivery systems to the elderly, she has an extensive work history in program management and development, as well as experience in working with public, private non-profit, and community-based organizations.



**The following articles were taken from the September AARP North Dakota News****Don Smith Receives Top AARP Award**

Don Smith of Bismarck is the recipient of North Dakota's 2006 AARP Andrus Award for Community Service – the association's most prestigious and visible volunteer award. The award symbolizes that individuals have the power and ability to make a difference in the lives of others. Smith was among 11 nominees evaluated by an outside selection committee. He was chosen for his remarkable service and for the impact he has on the lives of others and on his community.

Smith began his volunteer service in grade school in Cleveland, N.D., as a school crossing guard along old Highway 10. Since then he has volunteered for a number of groups and organizations. Smith has spent countless hours assisting seniors and low-income persons with their annual tax filing as an AARP Tax-Aide volunteer since 1992. Smith is also the local Tax-Aide coordinator, supervising and managing the Bismarck Senior Center site. Smith's service also includes home visits to prepare taxes for people unable to come to a Tax-Aide site. Smith also volunteers as a Senior Health Insurance Counselor for the N.D. Insurance Department. For 13 years, he has helped seniors and low-income individuals with health care bills, prescription drug assistance, and Medicare reimbursement problems. Smith was instrumental in providing many Medicare recipients with information on the new Medicare prescription drug program through presentations at churches, nursing homes, and senior centers. Smith is also active in the Volunteer Caregiver Exchange, which assists elderly individuals maintain their independence and remain in their own homes by providing support services. Smith is currently vice-chair of the Burleigh County Council on Aging, Inc., which also provides services to the elderly.

The AARP Andrus Award for Community Service recognizes members and volunteers who, through volunteer service, are significantly enhancing the lives of individuals age 50 and over. AARP North Dakota will formally present the award to Smith at a recognition lunch in October. "This award reminds us that we can all work together for positive social change," says AARP North Dakota State Director Janis Cheney. "AARP has long valued the spirit of volunteerism and the important contributions volunteers make to their communities, neighbors, and the programs they serve."

Fran Koppang and Muriel Peterson, both of Bismarck, nominated Smith for the award. In the nomination they said, "Don inspires others to volunteerism primarily by the example he sets through his own commitment and dedication. He actively encourages others to become involved in various volunteer opportunities and his enthusiasm to help others is infectious." Each state chooses one Andrus Award recipient each year.

**More Tax Aide Volunteers Needed Statewide**

The AARP Tax-Aide program needs more volunteers for the 2007 tax season beginning in February. North Dakota needs volunteer tax preparers, site coordinators, receptionists, computer support technicians, and quality reviewers. New volunteers will attend training sessions conducted by the IRS and AARP in Bismarck and Fargo in December. Volunteers have all their expenses paid. The training includes a three-day class in addition to self-study. After certification, volunteers are expected to commit at least 40 hours of volunteer service during the tax season. Margaret Fish who coordinates the Tax-Aide program in North Dakota says, "The AARP Tax-Aide program promises to be one of the most engaging and challenging volunteer activities you will every undertake. The program offers a range of meaningful volunteer leadership opportunities." In a recent survey, 96% of AARP Tax-Aide volunteers were satisfied with their experience. Many stay with the program year after year. To learn more, call Fish at 701-775-5033 or go online at [www.aarp.org/taxaid](http://www.aarp.org/taxaid).